



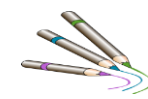


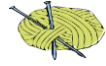





East Windsor Senior Center Events & Activities Calendar **FEBRUARY 2016**

SENIOR CENTER HOURS - MONDAY THROUGH FRIDAY 8:00 a.m. to 3:00 p.m.

SENIOR SERVICES (860) 292-8262 TRANSPORTATION PROGRAM (860) 292-8261 NUTRITION PROGRAM ON-SITE CAFÉ (860) 292-8279

NUTRITION PROGRAM MEALS - ON - WHEELS 292-8279 WEBSITE WWW.EASTWINDSORCT.COM



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Shopping - Walmart or Big Y 9:00-11:00</p> <p>Fitness 10:30-11:30 \$\$</p> <p>Wii Bowling 12:30 - 2:00</p> <p>Art with Tex 12:30</p>	<p>2</p> <p>Game Day 10:00 - 11:30</p> <p>Chair Yoga 12:30-1:30 \$\$\$</p>	<p>3</p> <p>Shopping at Geisslers 9:00</p> <p>Wii Zumba 12:30</p> <p>Warehouse Point Library 1:00-2:00</p>	<p>4</p> <p>Blood Pressure & Sugar Screening 10:00</p> <p>Jewelry Making with Janice \$\$\$ 10:30 a.m. - 11:30 a.m.</p> <p>Senior Club Meeting 12:30</p>	<p>5</p> <p>Breakfast at Vernon Diner \$\$\$ 9:30-12:00</p> <p>In House Movie: The Martian 12:30-2:00</p> 
<p>8</p> <p>Shopping - Walmart or Big Y 9:00-11:00 TAX ASSISTANCE 9:00-12:00</p> <p>Fitness 10:30-11:30 \$\$</p> <p>Wii Bowling 12:30 - 2:00</p> <p>Art with Tex 12:30</p>	<p>9</p> <p>Tea Time 10:00-11:00</p> <p>1:1 Law Sessions 12:30 (by appointment)</p> <p>Chair Yoga 12:30-1:30 \$\$\$</p>	<p>10</p> <p>Shopping at Geisslers 9:00</p> <p>Wii Bowling 12:30-3:00 Windsor at East Windsor</p> 	<p>11</p> <p>Coloring 10:00-11:30</p>  <p>In-House Bingo 12:30 - 2:00 \$\$\$</p> <p>Wii Zumba 12:30</p>	<p>12</p> <p>Meet w/ State Representative Chris Davis 12:30-1:30</p> <p>Mobile Food Share 1:45-2:30 St. Catherine's Parking Lot</p>
<p>15</p> <p>Senior Center CLOSED PRESIDENT'S DAY</p> 	<p>16</p> <p>Foot Care 9:00-1:00 \$\$\$</p> <p>Focus Group 10:00 - 11:00</p> <p>Food for Thought 11:00 - 11:30</p> <p>Chair Yoga 12:30 \$\$\$</p>	<p>17</p> <p>Shopping at Geisslers 9:00</p> <p>Crafts with Melissa 10:30</p>  <p>Wii Zumba 12:30</p>	<p>18</p> <p>Sit & Stitch 10:00-11:30</p>  <p>Jewelry Making with Janice \$\$\$ 10:30 a.m. - 11:30 a.m.</p> <p>Senior Club Meeting 12:30</p>	<p>19</p> <p>FREE Hearing Screenings Discount Hearing 11:30-1:30 (By Appointment)</p>  <p>Flower & Garden Show \$\$\$ 10:00-2:00</p> 
<p>22</p> <p>Shopping - Walmart or Big Y 9:00-11:00 TAX ASSISTANCE 9:00-12:00</p> <p>Fitness 10:30-11:30 \$\$</p> <p>Wii Bowling 12:30 - 2:00</p> <p>Art with Tex 12:30</p>	<p>23</p> <p>Book Store Trip 12:30-2:00 Meet the Author: David Garnes</p>  <p>Chair Yoga 12:30 \$\$\$</p>	<p>24</p> <p>Shopping at Geisslers 9:00</p> <p>Walking Club 12:30-2:30 Enfield Mall</p> <p>Wii Zumba 12:30</p>	<p>25</p> <p>Monthly Social Lunch 12:00 Entertainment begins at 12:30 Featuring: Ashly Cruz</p>	<p>26</p> <p>Health and Wellness Centers of Enfield 12:30-2:00 Topic: Managing Your Arthritis</p> <p>Mobile Food Share 1:45-2:30 St. Catherine's Parking Lot 1:45 - 2:30</p>
<p>29</p> <p>Shopping - Walmart or Big Y 9:00-11:00 FREE TAX ASSISTANCE 9:00-2:00 The Book Club 10:30 <i>Go Set a Watchman</i> by: Harper Lee Fitness 10:30-11:00 Wii Bowling 12:30 - 2:00 Art with Tex 12:30</p>	<div style="text-align: center;">  <p>February is American Heart Month</p> <p>Know Your ABCs:</p> <p>Ask your doctor if you should take an Aspirin every day.</p> <p>Find out if you have high Blood pressure or Cholesterol, and if you do, get effective treatment.</p> <p>Eat a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.</p> <p>Take control of your heart health by following your doctor's prescription instructions.</p> <p>If you Smoke, get help to quit.</p>  </div> <p>http://www.cdc.gov/dhdspl/american_heart_month.htm</p>			

In the event of inclement weather, we follow the same schedule as the East Windsor School System. Please tune in to Channel 3 - WFSB and/or Channel 30 - WNBC for school closings. When the school system has a delayed opening due to inclement weather, the Transportation Program will also have a delayed start time. When the East Windsor School system closes early due to unfavorable road conditions, it may be necessary to close the senior center early.